

Proclamation



PROCLAMATION RECOGNIZING MAY 2021 AS MENTAL HEALTH AWARENESS MONTH IN THE CITY OF JACKSON

WHEREAS, Mental health is essential to our overall health and wellbeing, and mental health conditions are widespread in our city, state, and nation with nearly one in five Americans living with a mental health condition; and

WHEREAS, The COVID-19 pandemic and the resulting economic crisis have significantly increased the incidence of people experiencing feelings of anxiety and depression; and

WHEREAS, Stigma and discrimination are primary obstacles to early diagnosis and treatment for individuals living with mental health conditions and their ability to seek and find help; and

WHEREAS, the National Alliance on Mental Health note that roughly 10 million adults in America live with a serious mental illness. One-half of all chronic mental illness begins by the age of 14 and three-quarters by the age 24; and

WHEREAS, the Center for Disease Control Prevention reported in February 2021 that suicide is the tenth leading cause of death in the United States and the second leading cause among youth. These rates are disproportionately high among Black youth and LGBTQI+ persons; and

WHEREAS, early identification, diagnosis and treatment can make a difference in the successful navigation and management of mental health conditions; and

WHEREAS, it is necessary to come together as a community to help end the silence and stigma that has for too long made our neighbors, friends and loved ones feel isolated, alone and discouraged from seeking help; and

WHEREAS, public education and efforts to raise awareness are critical to improve the lives of individuals and families struggling with mental health conditions in the City of Jackson.

NOW, THEREFORE, I, Chokwe Antar Lumumba, Mayor of the City of Jackson, do hereby proclaim **May 2021** as **Mental Health Awareness Month** in the City of Jackson. I encourage all the citizens of this great city to shine a light on the importance of mental health and support each other in knowing no one is alone, there is help, and it is possible to heal and thrive.

Given under my hand and seal of the City of Jackson, Mississippi,

the 10th day of May 2021

A handwritten signature in blue ink, appearing to read "Chokwe A. Lumumba", is written over a horizontal line.

Chokwe A. Lumumba